

**Clinical Mental Health & School Counseling Graduate Survey
2020 Results and Programmatic Response
Xavier University
N=79**

Program of Study: 14 in School Counseling, 65 in Clinical Mental Health Counseling

Gender Identification: 12 male, 67 female

Ethnic/ Racial Origin: 63 White/Caucasian, 10 Black/ African American, 1 Hispanic/ LatinX, 1 Asian, 3 International, 1 Multiracial

Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	
5	4	3	2	1	
				<u>Mean</u>	<u>Percentage who agreed or strongly agreed</u>
1) Scheduling classes was easy			4.59	96.2%	
2) The overall quality of instruction is good to excellent			4.62	100%	
3) The overall quality of classroom facilities is good to excellent			4.24	83.3%	
4) The printed and electronic information provided to me helped to understand and plan my program			4.64	98.7%	
5) The overall willingness of the professors/ staff to accommodate student needs is good to excellent			4.79	98.7%	
6) There exists faculty sensitivity to graduate student ethnic, racial gender, LGBTQ issues			4.55	92.3%	
My program at Xavier helped me to better understand and apply my knowledge of:					
			<u>Mean</u>	<u>Percentage who agreed or strongly agreed</u>	
7) The nature and needs of individuals at all developmental levels			4.39	87.3%	
8) Issues and trends in a diverse society			4.32	88.6%	

9) Counseling and consultation processes	4.61	96.2%
10) Group work approaches	4.52	98.7%
11) Career development theories and career couns. process	4.44	94.9%
12) Assessment and evaluation issues and techniques	4.47	92.4%
13) Research methods	4.33	94.9%
14) Ethical, legal, and professional issues	4.70	98.7%

General Comments:

1. The program prepared me both clinically and therapeutically to provide services in both inpatient and outpatient settings. Primarily I would say in outpatient settings. The need for culturally diverse approaches to counselling and teaching in those is important and having speakers or classes that focus specifically on trending cultural topics would be helpful for people to broach the subjects of race, class, and ethnicity responsibly.
2. I appreciated learning from faculty who still practice, although I felt underprepared/ my own lack of understanding of various counseling settings (eg community mental health, school-based mental health, acute mental healthcare etc) specializations, & levels of care. And lack of understanding the importance of finding the setting, age group, population, that you as a clinician work best in.
3. I love that Xavier is involved. There were students who were asked to leave and to me that really spoke to the integrity of the program. I learned so much!
4. The program was excellent and the professors are truly committed to the development of competent and caring counselors. I believe diversity and intersectionality could have been addressed more directly in some classes. I am grateful for my time in the program and for the dedicated faculty.
5. I like you, hugs
6. Xavier has an excellent program. My only thoughts are that I found I needed extensive continuing education for treatment methods of the issues my clients were struggling with. I think if you could add more skill based training related to tools and exercises that clinicians will actually use practice you would be giving your future graduates a good foundation to build their practices. Thank you.
7. Great faculty, a wonderful experience. As I reflect back, the experiential exercises and practice of counseling feels the things that were most impactful in my experience at XU.
8. I loved my time at Xavier. The professors were fantastic.
9. I feel the program prepared me very well for my career.
10. It was a wonderful program and I really enjoyed the ability to get to know the professors.
11. The education itself was excellent. The mechanics of understanding the program and preparing for practicing and internship was the weakest part of the program.

- 12.** I would go back again and again if I could. I've never meet a more supportive group of professors who truly want to see their students succeed not only in counseling as a career, but in life as well. I truly believe there is no better counseling program out there than what Xavier University has to offer. Thank you for work every single day.
- 13.** Xavier was where I obtained my second Masters degree and was by far the best college experience that I had during my educational journey. The professors wanted me to succeed and every class/assignment had purpose. There was little to no busy work as each course provided me with tools to be an effective school counselor. I will always be proud and grateful for the time I spent at Xavier.
- 14.** I thought the professors at Xavier were amazing. They put a lot of effort and time into my success. They are passionate about the field and it came through in their teaching. I had a wonderful experience and feel that my education was superb.
- 15.** I loved my experience at Xavier. When I speak to colleagues about their programs, I have found that Xavier's CCMC program far surpasses others with standards, classes, professors, and requirements. I feel very confident in my skills and knowledge because of Xavier.
- 16.** Several professors stand out as excellent!
- 17.** There can be more of a focus on how to properly diagnose clients. In addition, more emphasis can be placed on the process of documentation and developing treatment plans. Lastly, it would be advantageous for students to have knowledge on how to properly provide therapeutic services for clients that experiences psychiatric issues and are admitted into inpatient treatment. New therapist can be unaware of the nature of the process and how to support their client through their hospitalization and after being discharged.
- 18.** I loved my time in the program and the professors' willingness to work individually with individual students' desires and plans for post graduation. The program felt both broad enough to cover all needed and individually tailored as well for those who sought out something in addition.
- 19.** Loved the program! My only suggestion would be continuing to work towards gearing specific classes to the needs of school counselors. For example, we spend a lot of time on multiple 45 minute counseling sessions, but thats not always realistic in a school setting. It would be great to get some help with brief counseling sessions(15-20 minutes)
- 20.** I am grateful to have had opportunity to learn from a superb faculty. I was so well prepared and ready for profession after this experience
- 21.** I thoroughly enjoyed and appreciated my training at Xavier. I cannot praise and recommend the program enough! I felt very prepared entering into the field. I wish we could have more alumni opportunities through the program as well. Thanks!
- 22.** It was an excellent program, I feel very fortunate to have an education from Xavier especially when I talk to colleagues about their experiences.
- 23.** I very much enjoyed my time in Xavier's counseling program. I met so many wonderful counselors and people. I am glad that I chose to attend Xavier for my degree. I understand that there is a specific curriculum required by CACREP however, I wish there were more required classes regarding trauma - whether it was single instance trauma or developmental trauma. Many of my clients have experienced trauma in some form or another (and often present with

symptoms of anxiety and depression) and I mostly feel prepared to work with them due to training I sought outside of the counseling program. As I remember it, my cultural competency class focused solely on racial differences which hardly encompasses cultural competency or humility. I took the workshop for working with trans clients and it was an invaluable part of my education - I wish that LGBTQIA+ issues had been a more significant part of the core curriculum.

- 24.** I am so grateful for my experience in the program! It always felt like a small supportive family, even though there were many students! I had great experience with the professors and visiting teachers. I always felt the expectations and communication was top notch. I would never hesitate to recommend the program and would love to return for professional development opportunities!
- 25.** I am really grateful for my time at XU. I was well prepared for my new profession. I miss the learning and in-depth conversations.
- 26.** Staff went above & beyond to be available for students with academics, trouble shooting practicum/internship needs, &
- 27.** Where I currently am in my practice, I believe there needs to be more instruction on addictions at Xavier. I think two classes were offered and they mainly focused on substance addiction. More and more I have encountered that people suffer from some form of addiction. Clinicians overall need to have a firmer grasp on addiction counseling even if they do not believe they will ever work with substance abuse.
- 28.** I truly loved my time at Xavier. I could not have asked for a better program!
- 29.** I am so happy that I decided to get my MA in Counseling at Xavier. From the curriculum to the staff to the educational environment, it was the right fit for me and I felt well prepared to begin my career after graduation. The only two areas that I would have appreciated a little more instruction in are 1) specific interventions to use with clients (vs mainly learning about the various theories), and 2) learning how to navigate the process of going into private practice. Now that I've been practicing in my own for a few years, I've certainly figured out those things for myself. But if there's anything that could have been added to the curriculum that would have been helpful in the early months/years, those two items would be it.
- 30.** Attending Xavier as an older adult was awesome. I was able to learn and keep up with the younger students.
- 31.** This program is excellent. I can always recognize a Xavier grad through their great work
- 32.** I work as an elementary school counselor - I wish there had been more of a focus on the needs and behavior interventions at the elementary level.
- 33.** I have nothing but positive things to say about my experience as a graduate student in counseling at Xavier. The faculty were incredibly helpful!
- 34.** I do think overall, the program gets high marks for quality, especially when I compare my educational and training experiences to other counselors in the field. I think connecting with outside supervisors and alumni in the field have also been helpful learning experiences. Having recently left a school based program, I wish that I could have taken an elective on play therapy theories and techniques.
- 35.** Loved it!

36. I have really enjoyed the counseling program and feel that it has done well to prepare me for my career. The faculty is all very supportive and great at teaching. I don't have any complaints and am happy that I chose Xavier.
37. Its been 7 years since I graduated from the Counseling Program. Topics that I choose for undecided may have improved over those years.
38. The program prepared me in many areas of counseling. The areas of improvement are preparing students and staff to become more culturally sensitive.
39. The material covered was helpful and insightful, but as a political conservative I felt my views were often invalidated, ridiculed and on at least one occasion openly mocked in class in front of my peers.,
40. Since graduating, I have worked in several settings (day treatment, community mental health, private practice). I have so appreciated the rigor of my Xavier education and experience and felt it has prepared me well to be the clinician I am today.
41. Dr. Norman, Dr. Richardson, Dr. Townsel and Dr. Losey all did a great job of preparing me to be helpful to my clients. I could not have asked for a better experience and I am very appreciative of all the time and effort that went into training myself and my classmates. Thank you.
42. I wish the program had better trained/prepared me with respect to documentation. Otherwise, I felt very prepared to enter the field in all other areas
43. more instruction was needed to treat mental disorders. Especially anxiety and depression, the main component of my later work as a counselor. Too much emphasis was placed on history of psychology. More preparation needed for the practical aspects of counseling. Also Xavier University was very secular and not Christian which was a disappointment. Christ was never mentioned or honored in the three years of my time at Xavier. That is a shame.
44. I'm a proud alum of the counseling program. I felt so prepared upon graduation. I also really appreciate being able to reach out to many professors for consultation even years after graduation.
45. I had a positive experience at Xavier. Now as a working professional I feel that I am able to do my job to the best of my ability due to the education I received at Xavier.

Programmatic Responses to Likert Scores and Concerns Noted in Comments:

General: We are proud of the extremely high likert averages for most of the program evaluation questions. The likert averages for most every question on the survey reported students agreed or strongly agreed. One of the outstanding themes that emerged were comments about the supportive faculty. Faculty were described as supportive, by bringing their clinical experiences within the classroom, wanting their students to succeed, coaching up and not out, if students were not appropriate for the program they were asked to leave.

Concerns: One theme expressed by school counseling students include: 1) program should offer more courses specific to school counseling and 2) instructors should include more school-specific skills and interventions related to children and adolescent. In 2012, we added the Advanced School Counseling

class to focus on the knowledge and skills necessary to develop a comprehensive developmental school counseling program. Since most of the curriculum is driven by CACREP and/or state requirements, it is difficult to add additional classes without increasing the 48 hour credit requirement. In 2018 we added as a requirement Intro to College Counseling, and Crisis Counseling in Schools. However, in 2020, our program has met the 60 credit hour CACREP requirement. By next academic year 2021-2022, we plan to add two additional required courses, Substance Use and Prevention (previously Treating Addictions I) and, School Climate and Culture. Faculty will make a concerted effort to ensure that most instruction and case examples in “mixed classes” will be designed to meet the needs of both school counseling AND clinical mental health counseling students. Faculty will also continue to make an effort to integrate skills and interventions related to the child and adolescent populations.

RLN.